



Nutritional Fact Sheet

Sweet Green Peas

Ingredients: Dehydrated Peas

Description & Directions: Fresh, mature, peas are washed, inspected, blanched, and dried to specifications. Rehydrate in boiling water for 15-20 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:4.

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 Grams Dry
Calories	364.00 kcal
Protein	24.29 g
Total Carbohydrate	64.93 g
Sugars	25.20 g
Added Sugars	0.00 g
Dietary Fiber	9.43 g
Total Fat	1.81 g
Saturated Fat	0.42 g
Cholesterol	0.00 mg
Thiamin – B1	1.19 mg
Riboflavin – B2	0.59 mg
Niacin – B3	9.38 mg
Vitamin B6	0.76 mg
Vitamin C	179.60 mg
Vitamin D	0.00 mcg
Calcium	112.00 mg
Iron	6.60 mg
Phosphorus	485.00 mg
Potassium	1096.00 mg
Sodium	22.00 mg
Trans Fat	0.00 g